

# Small habits can change your life

By Raymond Gerson

Your day-to-day habits have a cumulative effect over time. Positive habits bring positive results and negative habits yield negative consequences.

Small positive habits done on a consistent basis can yield large dividends over enough time. For example, walking a mile a day might seem like a small habit, but in one year you would have walked 365 miles and in ten years you would have walked 3,650 miles. Imagine the benefits to your heart and respiratory system after ten years of walking just one mile a day.

On the other hand, let's say you drink one can of soda a day. This gives you the equivalent of ten teaspoons of sugar a day. What effect will this have on your weight and long-term health compared to a healthy habit like walking? According to a research study conducted by the American Journal of Nutrition published in August 2006, an extra can of soda a day can pile on 15 pounds in a year.

Your habits may seem small, but they can have big effects. Habits tend to be difficult to break and can easily follow us through life. So doesn't it make sense to replace negative habits with positive ones and to add new positive habits to your life? You can use small positive habits to maintain excellent health, to achieve your dreams, and to live a fulfilling life.

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